



Press Release

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## **Patients to benefit from improved physical activity conversations with healthcare professionals**

A new resource that will improve conversations about physical activity between patients and healthcare professionals has been launched at the International Society for Physical Activity and Health Congress (ISPAH) this week.

The new Moving Medicine tool will help healthcare professionals advise patients on how physical activity can help to manage their conditions, prevent disease and aid recovery. It is produced by the Faculty of Sport and Exercise Medicine (FSEM) in partnership with Public Health England (PHE) and Sport England with support from National Lottery funding.

Currently one in four of the population in England does less than 30 minutes of moderate intensity physical activity a week and are classified as inactive.

Physical inactivity is in the top ten greatest causes of ill health nationally, with negative impacts on health, wellbeing, social and economic outcomes for individuals and communities.

Evidence shows that one in four patients would be more active if advised by a GP or nurse, yet nearly three quarters of GPs do not speak about the benefits of physical activity to patients due to either lack of knowledge, skills or confidence.

The tool focuses on helping to address the most common long term health conditions affecting the population, such as cancer, depression, musculoskeletal pain and type 2 diabetes.

Developed in consultation with over 300 healthcare professionals and patients and using evidenced based step-by-step guidance, Moving Medicine is designed to provide healthcare professionals with



the latest evidence to address this knowledge and skills gap in the NHS and support healthier outcomes for patients as a result.

**Rt Hon Matt Hancock MP, Secretary of State for Health & Social care said:**

“There is a mountain of evidence to suggest that patients with all kinds of conditions – from depression to diabetes – would benefit from more exercise, yet understandably those suffering with chronic illness are more likely to be inactive.

“That’s why it’s so important healthcare professionals have the information they need at their fingertips to advise patients with complex health needs on how to get more active – and this doesn’t have to mean joining a gym. It can be doing more of the things we love, whether that’s playing football, swimming or going for long walks. I am delighted to launch this brilliant web tool for healthcare professionals – I hope it will help pave the way for a culture shift in medicine where referrals for exercise are just as common as prescriptions for medication.”

**Dr Paul D Jackson, President, Faculty of Sport and Exercise Medicine (UK) said:**

“The development of the Moving Medicine platform has been a truly collaborative effort, drawing on the expertise of many across a wide range of different disciplines and professional bodies as well as medical Royal Colleges, associated charities and patient groups.

“We all believe that introducing more physical activity into every care pathway across the NHS is an essential, cost-effective intervention to improve people’s health. Moving Medicine will ensure that all health care professionals have up to date information on physical activity presented in a useable, easy to understand format, enabling them to inform their patients and motivate them to become more active.”

**Dr Alison Tedstone, head of physical activity at Public Health England, said:**

“With millions accessing the NHS every day, healthcare professionals play a vital role in helping people to better understand the benefits of physical activity on their health.

“Taking the time to have these conversations has the power to inspire people to move more and make a big difference to their health.”



**Sarah Ruane, Strategic Lead for Health, Sport England said:**

“We know that it can be difficult to fit being active into busy lives. But for people who are dealing with illness or injury the thought of being active can be even more daunting. That’s why healthcare professionals have such a vital role to play.

“Moving Medicine is a simple idea with huge potential to transform the lives of the millions of people who are inactive and living with health conditions. Equipping healthcare professionals with the practical information that they need to have supportive conversations with their patients, will help many more people to experience the range of health benefits that being active can bring.”

Moving Medicine is a key component of the Moving Healthcare Professionals Programme, which is designed to support healthcare professionals embed physical activity into their approach to treating patients for key conditions in line with existing [National Institute for Health Care Excellence guidance](#).

The resource has been launched at the seventh ISPAH congress in London this week, which aims to bring the best minds together to bridge the gap between physical activity research, policy and practice to support healthier nations across the world.

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**Media Contacts**

- **Faculty of Sport and Exercise Medicine (FSEM):** Hester Brierley / pr@fsem.ac.uk / 07912 057204
- **Public Health England:** Anushka Naidoo / anushka.naidoo@phe.gov.uk / 020 8327 7080 / 07920 757 852
- **Sport England:** Ochuko Adekoya / ochuko.adekoya@sportengland.org / 020 7273 1889

**Notes to editors**

**About Faculty of Sport and Exercise Medicine (FSEM)**



The Faculty of Sport and Exercise Medicine (FSEM) UK launched in 2006 and is the governing body for the Sport and Exercise Medicine (SEM) specialty in the UK. It's strategic mission is to promote better health for the public through excellence in musculoskeletal medicine, exercise medicine and team care. The Faculty's work includes amongst other things: setting and maintaining standards of excellence in SEM; overseeing the curriculum for Higher Specialty Training and setting standards in educational and training requirements. It has over 560 Members and Fellows, not including medical students and there are currently 114 Sport and Exercise Medicine Consultants on the General Medical Council Specialist Register. For further information visit [www.fsem.ac.uk](http://www.fsem.ac.uk)

### **About PHE**

PHE exists to protect and improve the nation's health and wellbeing and reduce health inequalities. It does this through advocacy, partnerships, world-class science, knowledge and intelligence, and the delivery of specialist public health services. PHE is an operationally autonomous executive agency of the Department of Health. [www.gov.uk/phe](http://www.gov.uk/phe). Follow us on Twitter @PHE\_uk.

### **About Sport England**

Sport England is a public body and invests up to £300 million National Lottery and government money each year in projects and programmes that help people get active. It wants everyone in England, regardless of age, background, or level of ability, to feel able to engage in sport and physical activity. From traditional team sports to activities like walking or going to the gym – it aims to build an active nation that caters for everyone. That's why a lot of its work is specifically focused on helping people who do no, or very little, physical activity and groups who are typically less active - like women and people on lower incomes.

### **Full health conditions covered by the Moving Medicine resource listed include:**

- Cancer (during treatment and after)
- Chronic Obstructive Pulmonary Disease (COPD)
- Depression
- Dementia
- Falls and Frailty
- Ischaemic Heart Disease
- Inflammatory Rheumatic Disease



- Musculoskeletal pain
- Type 2 diabetes

The Moving Medicine Resource can be found online at [www.movingmedicine.ac.uk](http://www.movingmedicine.ac.uk) and has been developed in partnership with the following:

- Royal College of Physicians
- Royal College of General Practitioners
- Chartered Society of Physiotherapy
- Academy of Medical Royal Colleges
- Royal College of Nursing
- Royal College of Psychiatrists
- British Society for Rheumatology
- British Association of Sport and Exercise Medicine
- Cancer Research UK
- British Lung Foundation
- Mind
- Arthritis and Musculoskeletal Alliance
- British Heart Foundation
- Versus Arthritis
- Diabetes UK
- Age UK
- National Osteoporosis Society
- Move Charity